

Never Shake a Baby.



Connecticut Shaken Baby Prevention Project

A program of the Children's Trust Fund

Shaken Baby Syndrome (SBS)

Is the term used to describe the many serious and often fatal injuries that result when an infant is violently shaken.

You can prevent SBS by taking these simple steps:

- Make sure that everyone who cares for your child knows about the dangers of shaking.
- Give caregivers permission to call you anytime they become frustrated.
- Patience takes practice.

Shaking a baby can cause:

Brain Damage • Blindness • Spinal Injuries & Paralysis • Seizures • Even death

Babies cry, so have a plan.

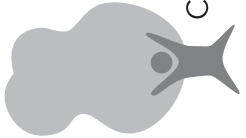
- Stop.
- Take a break. Lay your baby down on its back in a safe place.
- Sit down or leave the room.
- Count to 10 - or more.
- Talk to another adult.
- Call a friend.
- Call your doctor.
- **Call Help Me Grow at 1-800-505-7000 for connections to supports in your community.**

It's not personal! The baby's not upset with you. He or she may be:

- **Hungry:** Try a bottle or pacifier.
- **Bored:** Try rocking or walking the baby or, maybe, go for a ride.
- **Frustrated:** Try to pat or massage him; your touch lets him know he's safe.
- **Angry:** The baby get upset too. Sing to her or put her in a swing.
- **Sleepy:** Try a recorded lullaby or other music.

Reduce your stress!

- Take a break.
- Make friends with other parents.
- Talk to someone you trust about your feelings when you feel tired or overwhelmed.
- Take a parenting class. Try it with a friend.
- Remember, it's normal for your baby to cry.



Children's Trust Fund

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